

# THE PRACTICAL GUIDE TO SELF-HYPNOSIS



## SELF HYPNOSIS

### What is Hypnosis?

Contrary to popular belief, hypnosis is not a state of sleep or a state in which you are unconscious or not aware.

Hypnosis is actually a heightened state of mind in which you can be deeply relaxed yet have a much higher level of suggestibility and focused awareness.

It is because of this heightened state of mind that you can use hypnosis to make changes to your self beliefs and patterns of thinking safely and naturally.

### How Hypnosis Can Benefit You!

Natural hypnotic commands naturally ease you into a state of heightened suggestibility and so direct access is gained to your unconscious (subconscious) mind where positive suggestions can be planted.

Because there is no conscious resistance from you, you are much more open to suggestion, and in this way **changes can be made to long-held belief systems** - i.e. limiting beliefs that are holding you back in life.

Beliefs which we have held for many years are extremely difficult to change consciously. They feel familiar, and our conscious mind puts up barriers to protect us from failure, rejection, and embarrassment and to keep us safe from harm.

This is not always best for our development, so with the power of hypnosis, this logical, conscious thinking function is bypassed - you are open to suggestion and change; positive changes which alter your beliefs, how you feel about yourself and how you interact with the world.

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The importance of this being that all your habits & behaviours are controlled by your unconscious mind.

Hypnosis can therefore be used for a wide range of purposes. It can help you to, **lose weight, reduce stress, get rid of phobias, increase confidence or motivation levels and achieve your full potential in almost any area** - all by tapping directly into your unconscious mind, removing negative and limiting beliefs and replacing them with positive beliefs and a focused and driven attitude.

**With this change to the very core of your behaviour patterns anything is possible!**

## HYPNOSIS MYTHS

There are many misconceptions floating around about hypnosis. Below are a few *fun facts, and myth busters*:

*Myth: It Will Control Your Mind*

*Myth: You Will Reveal Your Darkest Secrets*

*Myth: You Will Embarrass Yourself*

*Myth: You Will Become another Person*

*Myth: You Will Be Stuck in a Trance Forever*

**Fact:** Hypnosis allows people to take control of their lives and create change that is positive and enduring.

**Fact:** Any intelligent person with an imagination can go into hypnosis.

**Fact:** In hypnosis, your brain waves change from Beta (normal waking state) to Alpha (the state you enter just before falling off to sleep).

**Fact:** Hypnosis is a natural state of trance that we enter into everyday (such as

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when reading an engaging novel, watching an exciting movie, or daydreaming). You are not asleep in hypnosis; you are actually in a heightened state of awareness and can hear every word spoken.

**Fact:** If you want to you can terminate the hypnotic process at any time. You cannot get stuck in hypnosis. While many people will want to enjoy the comfort of the trance state for as long as possible, it is literally impossible to become stuck in hypnosis.

Due to stage hypnosis, some believe that hypnosis is a form of mind control or brainwashing that can be used to control someone.

Hypnosis is nothing other than suggestion and the person can choose to accept or reject the suggestion.

A stage hypnosis show is for entertainment purposes and most of the subjects accept the hypnotist suggestion.

## Can A Person Become Unconscious And Unaware In Hypnosis?

While the word 'Hypnosis' is derived from the Greek word for 'sleep' and many hypnotists still use the language of 'Sleep' and 'Awake', hypnosis is not sleep.

From the mental standpoint, a hypnotic subject is relaxed yet alert and always aware at some level.

Hypnosis feels wonderful, it is a very pleasant and relaxing state of trance combined with increased awareness.

Hypnosis allows us to get past that 'guard at the gate' between the conscious mind, and the unconscious mind. Once past the gate keeper, we can drop positive programming into the unconscious to more easily lead you to your goal.

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Hypnosis has been used by counsellors, doctors and medical professionals for over 50 years.

In 1955 the British Medical Association issued a report stating that hypnosis was a valuable medical tool.

In 1958 the American Medical Association recognised hypnosis as a viable scientific modality.

In 1962 the American Psychiatric Association recognised that hypnosis was a viable modality to treat some psychological problems.

Research indicates that people are losing anywhere from 2 to 17 times more weight under hypnosis than when they do not use it suggesting that hypnotherapy should be used by anyone who is serious about weight loss.

Source Cochrane and Friesen (1986) *Journal of Clinical Psychology*.

The process of hypnosis can be carried out by a hypnotist guiding an individual into a trance state or alternatively by an individual putting themselves into hypnosis which is known as Self-hypnosis.

**Self-hypnosis** is a heightened state of suggestibility by which you focus your attention in order to attain desired goals. By utilising self-hypnosis a person can change beliefs, and change habits and behaviours.

It's a state of mind in which the critical factor of the conscious mind is bypassed and communication begins with the unconscious or subconscious mind.

By using self-hypnosis you can direct your attention to changing habits and behaviours. In today's society you are constantly bombarded with negativity from your surroundings without even knowing it and this can have an effect on your state and behaviours.

It allows you to reprogramme your unconscious mind to exclude those negative thoughts that are holding you back and to achieve greatest success in your life.

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Hypnosis is not sleep hypnosis, you will not be asleep. You will be in an altered state of consciousness. You will be aware of the sounds, temperature and everything else happening around you, but you will have your concentration focused on one specific thing.

During this process your mind becomes receptive to suggestions which allows you to make suggestions directly into the unconscious.

That does not mean that you will do something you don't want to and in fact you won't do anything that you would not normally do or that you are not comfortable with.

Self-hypnosis is one of the best self-development programmes to bring about change within one's self.

With hypnosis you can get rid of bad habits and create new habits. You can get rid of fears and reduce your stress levels and constructively deal with and resolve all sorts of problems.

Using self-hypnosis you can become a happier, healthier person.

## UNIVERSAL EXPERIENCES OF HYPNOSIS

Have you ever experienced a situation where you are so focused you forget what you are doing or you find your mind drifting and you don't realise the time.

We experience hypnosis several times during the day and we are unaware that it has happened.

Here are some examples of self-hypnosis in your day-to-day life...

- When listening to music
- Day Dreaming

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- Driving to your destination and not being able to remember the journey.
- When engrossed in a book.
- When competing or playing sports
- While watching a movie or television
- At the traffic lights and the lights change to go and you are still sitting there.

## SELF HYPNOSIS IS NOT...

- Self-hypnosis is not just relaxation, but yes relaxing the body is one way to enter hypnosis although it is not the only way to bypass the critical factor of your conscious awareness.
- Hypnosis feels more like the state between awake and asleep.

## WHAT CAN YOU CAN DO WITH SELF HYPNOSIS:

There are several changes you can make with self hypnosis:

- Eliminate pain
- Quit smoking
- Change your shape
- Weight loss
- Reduce stress
- Improve Memory
- Deal with Trauma
- Improve your sex life
- Faster Healing
- Deal with phobias and fears

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- Improve your sleep
- Relieve stress, anxiety and depression
- Enhance sports performance

Generally, any issue, problem and situation could be solved and any goal can be achieved by using hypnosis.

## HOW TO DO SELF-HYPNOSIS

The process has four simple steps:

### • Intention

So the first step is to set your intention and decide on how much time you want to allocate.

When setting your intention reiterate to yourself that if at any time during the process something needs your attention then you will be able to come out of the hypnotic state refocused and refreshed.

### • Relaxation/ Calming of the mind

Focus attention on a spot in front of you.

One of the entries into self-hypnosis is relaxation and as you relax more you will be able to go deeper.

Relaxation can be achieved by some simple techniques such as relaxing your body physically and your mind will follow.

You could also direct your attention to different parts of your body and focus on

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relaxing that part working your way down from your head to your toes.

Affirmation- I am ....., I have a perfect smooth golf swing, Tomorrow during the exam I will be confident and I will pass the exam- Don't use negatives- Keep positive and simple.

- **Visualisation**

Plan, think about something, imagine the outcome- what would it be like when you have achieved your goal.

Drifting- Allowing your mind to drift.

- **The termination.**

To come back out of hypnosis count from 1 to 5. Tell yourself on the count of 5 you will open your eyes and you will be refreshed, relaxed, feeling fantastic.

Hypnosis is a skill that you can learn to master. The key is repetition and it will improve with practice.

The more you practice, the deeper your trances will become and the quicker you will experience results.

If you are curious about self hypnosis and how it can change your life for the better please get in touch. Hypnosis is my passion and I would love to hear from you.

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